

2007 Disco-Tech Session Assignments

as of 9/1/07

<i>SATURDAY - September 22, 2007</i>							
Session ONE A & B		Session TWO A & B		Session THREE A & B		Session FOUR A & B	
Open stretch 8:00 am March-in 8:20 am		Open stretch 11:30 am March-in 11:50 am		Open stretch 3:00 pm March-in 3:20 pm		Open stretch 6:30 pm March-in 6:50 pm	
LEVEL 5 Aerials Cal Sports (12) Diablo West Coast	LEVEL 4 Athletic Horizons Byers Sacto Galaxy GymStars-Mod Miyagi Oroville TOP Flight	LEVEL 5 Athletic Horizons Cal Sports (15) Galaxy GymStars-Mod Miyagi Oroville TOP Flight	LEVEL 4 Aerials Calaveras Gold Fox Gymn. Unltd. International Morgan Hill West Coast	LEVEL 6 Athletic Horizons Cal Sports Calaveras Gold Fox Galaxy Miyagi Novato Top Flight West Coast	LEVEL 5 Byers Sacto Gymn. Unltd. International Morgan Hill Windsor	LEVEL 6 Aerials Byers Sacto Gymn. Unltd. International Morgan Hill Oroville Windsor	LEVEL 5 Davis Diamonds Elite Extreme Novato Pacific West

www.techniquegym.com

<i>SUNDAY - September 23, 2007</i>					
Session FIVE A & B		Session SIX A & B		Session SEVEN A & B	
Open stretch 8:00 am March-in 8:20 am		Open stretch 12:00 pm March-in 12:20 pm		Open stretch 4:00 pm March-in 4:20 pm	
LEVEL 6 Athletics Unltd. Bay Aerials Elite Merced Pozsar's Sparta Technique	LEVEL 5 Byers Roseville Marin Elite North Bay Pride West Valley	LEVEL 5 Athletics Unltd. Bay Aerials Merced NorCal Elite Pozsar's Rohnert Park Sparta Technique	LEVEL 4 Davis Diamonds Elite Marin Elite North Bay Pride West Valley	LEVEL 6 Davis Diamonds Marin Elite North Bay Pride Rohnert Park West Valley	LEVEL 4 Athletics Unltd. Bay Aerials Merced NorCal Elite Planet Pozsar's Sparta Technique

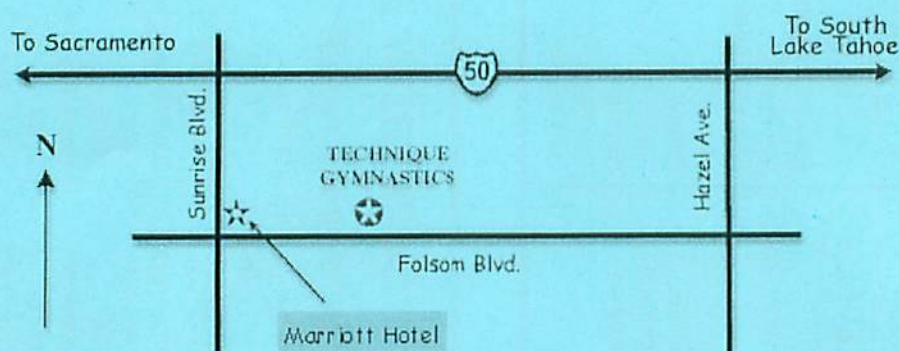
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Directions to Technique Gymnastics

Technique Gymnastics is located at:

11345 Folsom Blvd.
 Rancho Cordova, CA 95742
 (916) 635-7900

- Big white building with a red and blue stripe (see photo below).
- Between Sunrise Ave. and Hazel Ave.
- 2.2 miles west from Hazel Ave.
- 7 tenths mile east from the Marriott at Sunrise Ave.



★ IF YOU ARE COMING FROM THE NORTH (AIRPORT):

1. Take Interstate 5 Southbound until you reach Highway 50 Interchange.
2. Take Highway 50 Eastbound towards South Lake Tahoe.
3. Take the Sunrise Blvd. Southbound exit. Get in the left-hand lane. (You will see the Marriott from the freeway.)
4. Make a left at the first light onto Folsom Blvd.
5. Technique will be 7 tenths mile on the left-hand side.

★ IF YOU ARE COMING FROM THE SOUTH:

1. Take Interstate 5 Northbound or Highway 99 Northbound until the Highway 50 Interchange.
2. See above directions 2 - 5 from the North.